



White Bean Bison Chili

Yield: 5 Servings | Serving Size: 444 g

● Ingredients:

- 1 Tbsp olive oil or vegetable oil
- 1 lb ground bison, beef, or turkey
- 1 small yellow onion, diced
- 1 small bell pepper, diced
- 1 (15oz) can white beans, drained and rinsed
- 1 (15oz) can diced tomatoes
- 1 (4oz) can green chiles
- 5 cloves garlic, minced
- 2 dried bay leaves
- 2 Tbsp chili powder
- 1 Tbsp cumin
- ½ Tbsp oregano
- ½ Tbsp paprika
- 1 tsp chipotle powder
- 2 tsp salt, or to taste
- ¼ tsp black pepper
- 1 ¾ cups beef broth

Nutrition Facts	
Amount per	
1 serving (15.6 oz)	444 g
Calories 363	From Fat 85
% Daily Value*	
Total Fat 9.5g	15%
Saturated Fat 3.1g	16%
Trans Fat 0g	
Cholesterol 51mg	17%
Sodium 1481mg	62%
Total Carbohydrates 43g	14%
Dietary Fiber 10g	40%
Sugars 6g	
Protein 30g	60%
Vitamin A 40% • Vitamin C 57%	
Calcium 19% • Iron 54%	

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Directions:

- 1) Heat oil in a large pot over medium-high heat. Add the ground bison and brown the meat, breaking it up as it cooks.
- 2) Once the bison is fully cooked, add in the bell pepper, onion and garlic. Stir and cook for a few minutes, until the onion is soft and translucent.
- 3) Add the white beans, tomatoes, green chilis, spices, bay leaves, salt, pepper, and broth. Stir to combine and bring to a boil. Reduce the heat and allow the chili to simmer for 30-45 min. Adjust seasonings to taste.

Recipe provided by FAST Blackfeet (<https://www.fastblackfeet.org/>). Used with permission for educational purposes.

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